

# INTEGRAL<sup>®</sup> Yoga

## SPECIAL FEATURES

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## Integral Yoga and You

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Groups, Teaching Centers and Satchidananda Ashrams. These centers are vehicles through which Sri Swami Satchidanandaji's teachings of Integral Yoga are lived and shared. The centers conduct on-going programs of instruction in the various aspects of Yoga, including Hatha, Raja, Karma, Bhakti and Jnana Yogas (see back cover), as well as Yogic diet and other related topics. There are open classes, courses, universal worship services, and retreats, both for beginners and more advanced students. Those interested are invited to call or visit the centers, and a live-in program is also possible.

Besides their teaching function, the Ashrams also provide an opportunity for an experiment in total Yogic living. The Ashram in Pomfret Center, Connecticut has a printing press, health clinic, national audio-video service, natural foods store, a 2-acre organic garden, Yogic nursery school, and a number of cottage industries where members practice selfless service. There are now similar Ashrams in Santa Barbara, California and Eureka Springs, Arkansas as well.

For more information, to arrange a Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed on the inside front cover. We are here to serve you.

OM SHANTHI

OM PEACE

## Integral Yoga Schools Are Born



EVER SINCE Sri Gurudev came to the United States twelve years ago, his followers have sought ways to provide their children with schooling based on the Yoga Teachings.

THE ASHRAM SCHOOL was first called the Sunny-Moons School (see article in *Integral Yoga*, Vol. VIII, No. 2, May 1977). The name was changed in the fall of 1977 to Light of Yoga School.

IN JANUARY of 1978, plans began in earnest for an accredited school for children from 3 years of age through 12. The essentials - a staff, students, a building and curriculum - have all started to fall into place.

SRI GURUDEV attended the second meeting



of parents of prospective students in April. By the meeting's end, 12 children were enrolled for the fall, and \$17,500 had been pledged toward the building fund.

**INTEGRAL YOGA**  
Schools became a reality!

**YOU WILL FIND**  
enclosed in this magazine, a brochure explaining the school philosophy and outlining curriculum. We have begun building - using temporary space until plans are ready for a permanent facility. By the time this magazine reaches you, the grade school will be in operation.

**MAY WE ALL THANK**  
Sri Gurudev for this wonderful opportunity to share with the children.



*The children shown in this issue are the students of the Light of Yoga School; the illustrations were done by them.*

## **Integral Yoga® Magazine**

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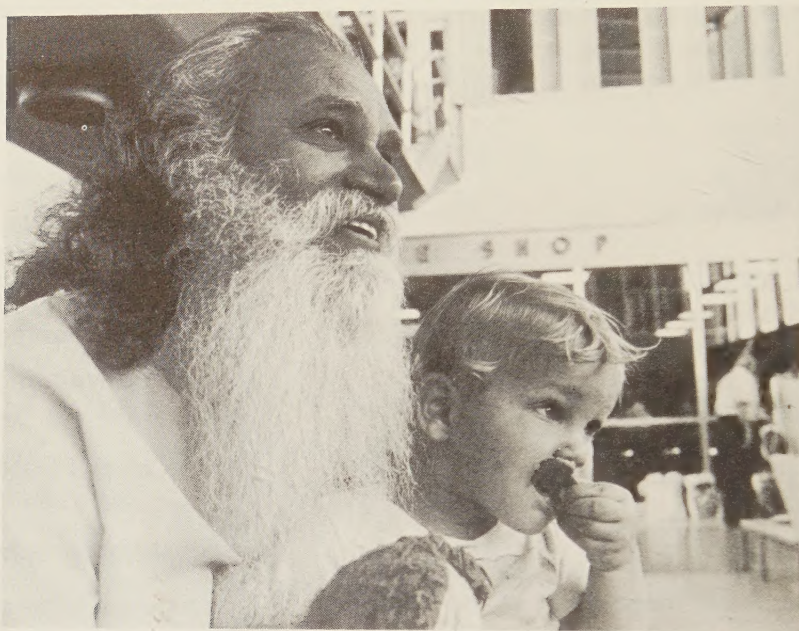
## **Sri Swami Satchidananda**

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being "Truth is One, paths are many." His main residences are in Pomfret Center, Connecticut during summer and Santa Barbara, California in the winter. He also travels widely, sharing with people through every possible medium: lectures, conferences, radio, TV and newspaper interviews, books and visits to schools, seminaries, rehabilitation centers and many other groups.



# Parent - Child Relationships

**Sri Swami Satchidananda**



Tamil scriptures say the best gift that children can give to their parents is to excel them. The parents who have truly devoted children are fortunate. What other wealth could they want? According to the poet-sage Thiruvalluvar, the parents' duty is to raise their children with such high standards that at any gathering the children are asked to take the foremost place where they can pass on beautiful thoughts to others.

Parents must see that their children receive the knowledge to be good people and leaders. If they really love their children, they will show them the way. In return, children have the duty to bring admiration to their parents. People should say, "What great prayer and penance the parents must have performed to raise such a child as this." Through the children, the mother and father

are praised.

## **It's Not Easy To Raise A Child**

It's not easy to raise a child. Giving children right knowledge is more important than all the material comforts. They need to know how to live a life of joy and peace. That's what the parents should give - not just things to make them soft or fat. Parents should pass on the knowledge gained through their own life experiences. Sharing this basic knowledge is certainly more useful than all the luxuries.

How many children are spoiled with credit cards? Their parents give them money and big cars when the children don't even know where they are going or what they are doing. Maybe they employed one or two servants to take care of the child when it came, and later gave material comforts: fine clothes and all the pocket money they wanted. That



is no way to teach children. When they are inexperienced and still learning, they should not be allowed the freedom to accumulate all kinds of difficulties. So-called "free" children are later stranded and can't find their way out of confusion. Only through real understanding will they learn to live peacefully. To train the child properly, parents should be loving, but strict and firm.

### Competition Unhealthy

Competition between children is also not healthy. School systems err when they force children to compete for grades. That's not teaching individuals. Teachers should know each student and teach accordingly. Giving grades causes many disappointments, anxieties, and tensions. Some children have even committed suicide

because of a bad grade. Competition often begins at home by comparing one child with another or getting one to do something by offering candy or something - like bait for an animal. Children shouldn't be treated that way.

Instead, treat each child at his own level. Give him confidence. Show him that life's games are playful, not really to win over the other person. Otherwise you create rivalry and jealousy. Teach in a gentle way. You can always say, "You are wonderful as you are. That's great. You don't have to copy the other person."

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*This is an excerpt from Sri Gurudev's most recently released book To Know Your Self: the Essential Teachings of Swami Satchidananda, an Anchor Press book, available at bookstores, Integral Yoga Institutes and through Integral Yoga Publications.*

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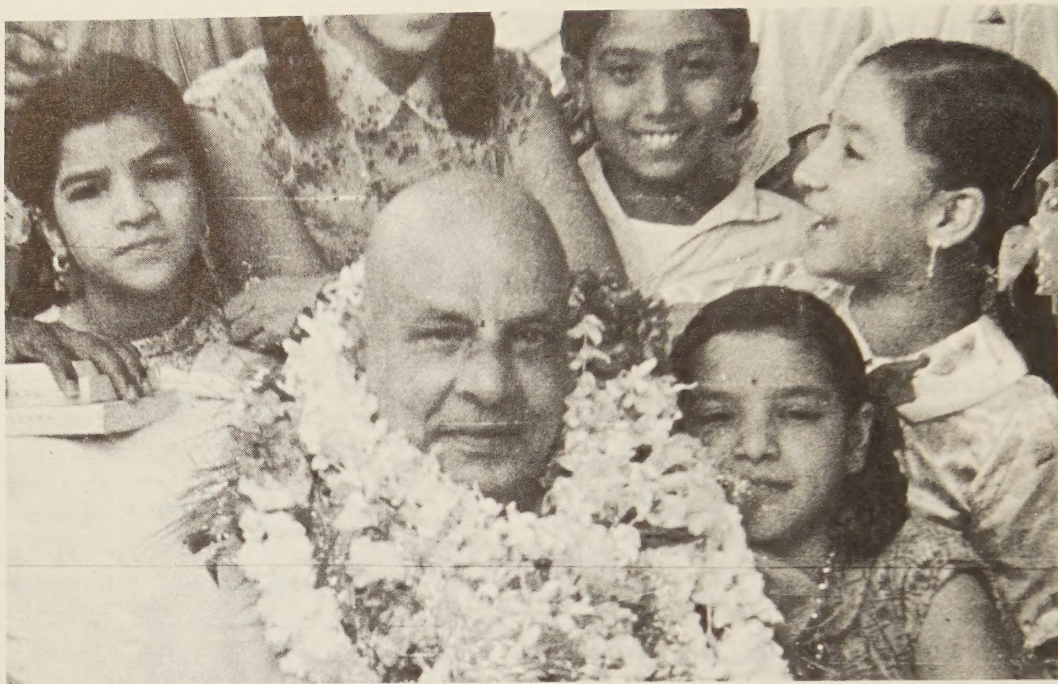
One reader's reaction to TO KNOW YOUR SELF: THE ESSENTIAL TEACHINGS OF SWAMI SATCHIDANANDA:

*"I've been told I was headed for hell because I didn't want a master. I've intently watched many of them and listened to feel the pull, but have never felt the beginnings of a pull strong enough to follow. (I've just begun reading TO KNOW YOUR SELF and) that's why I'm writing this letter.... I've always believed that things like books find you when it's time. I don't know if I want to become a devotee of Swami Satchidananda ... heck, I'm only up to page 14. But something feels so good right now; it's like meeting an old and very dear friend after so terribly, terribly long.... Whatever lies ahead in this book, I feel it will be warm and very right for me. Thanks to all who put this man's face on the shelf for me to feel today. . ."*

*-- M.G., Montreal, Canada*

The above comment was received just days after TO KNOW YOUR SELF was released from the publisher. Since then, glowing tributes have been pouring in from all over. Of the plenitude of practical and spiritual advice contained in this beautiful book, we offer this small section which relates to the theme of this magazine issue: Yoga and education.





## On Education

### Sri Swami Sivananda

Education makes or mars civilization. Universities are really the custodians of the character, culture and civilization of man. Universities should not be mere cramming institutions. Universities must be sanctuaries of light and wisdom.

Education is to effect the culture of our higher nature. Real education should stimulate intellectual virility and make the students pious, sincere, bold and self-controlled. There must be man-and-woman-making and character-building education that will give full development to the latent powers of children in their ethical, intellectual, aesthetic, physical and spiritual life.

Much more can be achieved through proper education than by force of law. So long as the inner man is not educated, law will remain a dead letter. If the inner man is educated, then not only shall we be rendering a great service to the man himself and to our nation, but also to the entire world at large.

--Sri Swami Sivanandaji Maharaj

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*Sri Swami Sivanandaji Maharaj (1887-1963) was the spiritual master of Sri Gurudev Swami Satchidananda and founder of the Divine Life Society. His life was dedicated to the spiritual education of humanity through the science of Yoga and spirituality.*





# Teaching To Learn

## Learning To Teach

by Swami Satyananda Ma

*"Find the peace in yourself so you can help others realize their own peace. That is not a selfish act... A razor must be sharpened before it is useful. Sharpening looks like a waste of time if you're in a hurry, but if you shave with a blunt razor, you'll shave more skin than beard..."*

*Sri Gurudev, from Beyond Words*

Before my involvement with Yoga I was training to teach elementary school. As an idealistic student I had definite opinions of how a teacher should be. I was deeply committed to the idea that the student should always come first in the classroom, and that teaching was a "full time" occupation, not something that would be over when the bell rang.

My first experiences in the classroom were very disappointing; I saw myself manifesting the same qualities I had criticized in others: authoritarianism; impatience; selfishness; manipulation; etc. The main factor was that my personal "untogetherness" was affecting the children's education, which seemed very unfair to me. At first I tried to blame "the system" but it soon became very clear that

I was the problem. My lack of control over my own behavior and emotions led me to "take it out" on the children. They were innocent victims of my own unpredictable moods.

Seeing that I really was just adding fuel to an already existing fire I decided to get my personal life more settled before pursuing the teaching career. My desire for peace of mind led me eventually to Sri Gurudev and the teachings of Integral Yoga.

After six years of living and studying in the Integral Yoga Institutes, Sri Gurudev has put me back in the classroom -- at the Light of Yoga School at Satchidananda Ashram. He is allowing me to practice teaching in order to learn more about myself -- and thus learn to teach.

*"The whole universe is the university; you are the only student. Everything is there to teach you." --Sri Gurudev*





The purpose of Nature or life's experiences is to lead us to know the true Self which is peace. Even if one is given the position of "teacher", that is only another opportunity to learn. This wonderful insight has been a great relief to me because now I can look at the children as *my* teachers and learn with them as we explore the universe - within and without - together. It is a great freedom to know that I don't have to have all the answers. We are "in the same boat" in this world to learn together. This breaks down the wall so often found between teachers and students.

*"If you are not selfish, nobody can upset you; nobody can disturb you. I guarantee it. No selfish man can ever find peace and no selfless man can ever be irritated, upset or disturbed."*

--Sri Gurudev

Obviously, when working with the children, being selfless cannot mean just giving in to every whim of the child. The selflessness comes in seeing what is going to bring the most benefit to the child, regardless of how he may respond toward you. Sometimes one may have to deny the child something or discipline him, and the

Also I can look at each situation that comes up in school as another extension of my *sadhana* (spiritual practice). When I see myself getting disturbed over something, I can ask the mind "Why is this? Probably you were expecting things to go a certain way for your convenience and now the children are going a different way. You don't want to change your plan. Is it for *them* or for your own convenience? Why are you here anyway?" I am constantly grateful to the children because they so naturally and clearly point out my selfishness. It is like being with the Guru all day.

"thanks" may be screaming or "I hate you." But to give in to a selfish desire for temporary appreciation would be detrimental to the child.

Sri Gurudev himself is such a perfect example of the totally selfless Teacher. He never hesitates to correct his students,



or to point out their faults, and is never shaken by their response, be it praise or blame. He is only concerned with the growth of the student, and not with his own popularity. Of course, ultimately when the stu-

dent realizes the benefits of even the painful lessons, he may come and thank the teacher. But the teacher cannot be looking for this. That expectation itself causes an anxiety or disturbance in the mind.

*"The world is nothing but your own projection. If there is hell in your mind, you see hell everywhere. If there is heaven in your mind, you see heaven everywhere. Correct your vision and see the truth. Everything begins in the mind. To see clearly you need clear vision. Pollution begins with the mind, and then extends to the air and the earth."* --Sri Gurudev

We see in the world what is already in our own minds. Working with the children is like constantly being in front of a mirror. They are like instant thermometers reflecting the state of your own mind, and in a roomful of children the reflection is magnified that many times. Through the guidance of Sri Gurudev's teachings I am coming to see that the atmosphere of the classroom is clearly a reflection of my own state of mind. So, if things become disorderly or chaotic I have nothing to blame but my own lack of concentration.

This is also a great relief because what else can I change except my own mind? Can I change the universe? No, but I can change the way I see it. I am not here to change the children to suit me, but to allow each to grow in his or her own natural way. So the greatest service I can offer is to constantly strive to free my own mind of tension, fear, anger, hatred, jealousy and other qualities I would not want to see in them, and then I can become a clear reflection for them to use to look within themselves.

*"Each one has something unique to give the world, each one. So we should look into that natural tendency and develop it. That is what you call education."* --Sri Gurudev

My "time out" from teaching has not made me into a perfect teacher, but it is allowing me to remain a student. This has been my greatest aid in breaking down the barrier between myself and the students. I see we are all in the same predicament. Each one is striving to know his true Self and through mutual love and respect we can serve one another and ultimately experience true Peace.

It is a great blessing and joy to be a part of the birth of Integral Yoga Schools. Truly this is a unique opportunity for both teachers and students to grow and learn together in an environment of loving acceptance, where the common goal is to know the truth.

My humble thanks to Sri Gurudev Swami Satchidananda for this wonderful opportunity. May we all grow in his Divine Love and become pure instruments in His Service.

OM Shanthi Shanthi Shanthi.



# Feedback From Our Readers

We've received many helpful replies from the *QUESTIONNAIRE TO READERS* in the February issue. We'd like to share a few representative samples...

1. In answer to: WHICH CURRENT FEATURES DO YOU APPRECIATE MOST?

"Gurudev's articles..."

"Swami Sivanandaji's words..."

"Feature articles dealing with Yoga and medicine; please continue the thematic format..."

"Articles on health, nutrition, exercise, spiritual thoughts..."

"Children's stories, Letters (with answers!)..."

"Articles by disciples..."

"Photos of Gurudev..."

"Cooking articles..."

"All of it..."

"It is terrific. Thanks for making it possible for us to receive lessons and humorous anecdotes from our Beloved Gurudev in the Day-By-Day column, thus giving us examples of 'living Yoga.'"

*Editor: Thanks for narrowing it down, friends!*

2. WHICH DO NOT PARTICULARLY INTEREST YOU?

"Recipes..."

"Letters..."

"None..."

"Day-By-Day with Swami is good but a half of the pages of such a small publication is much too many..."

3. WHAT TYPES OF ARTICLES WOULD YOU MOST APPRECIATE SEEING ADDED?

"More health-related subjects and homeopathy..."

"Stories by devotees; reporting of events with more color..."

"I would like to know about some of our emerging masters like Paramanandaji and Satyanandaji..."

"What about an issue per month? It's such a help!"

"More about applying Yoga to daily life..."

"More on Yogic householding..."

"More on Hatha Yoga..."

"Please make it longer: 50 pages of written material!"

"More photographs, please..."

"Poems, stories about personal experiences..."

"Virtually just more of the same..."

4. COMMENTS, INSPIRATIONS:

"I think the way Swami Satchidananda teaches Yoga has answers to all the social problems of today. The world needs more kindness and love."

*(Continued on Page 16.)*





## Keep Your Child Naturally Healthy

by Sandra McLanahan, M.D.  
(Swami Amritananda Ma)

Formulating an appropriate health care philosophy - and living with it - is not always easy with kids. Parents and doctors must constantly walk a high wire, trying to balance between the twin pitfalls of doing too little or intervening too much. And this becomes especially difficult when you want to raise your children "naturally" or "yogically". On either extreme we note serious problems: if we allow our children to be treated with modern drug therapy, there are harmful side-effects (e.g., detrimental changes in the intestinal flora from the use of antibiotics); on the other hand, we do not want to revert to the "all natural" way followed by our ancestors which filled their cemeteries with young children - who led more "natural" lives than we do now - but who were nevertheless subject to diseases born by dirt, sewage, etc. The following are some general guidelines to make walking the high wire a little easier:

### Disease Prevention

Just as with adults, if certain Yoga practices are added to the children's daily activities, many illnesses can be avoided.

These practices may be successfully encouraged with games, for example, drawing a boat on the child's diaphragm and teaching him or her to make it move, thus teaching beginning *pranayama*. Or the plow pose can be made into a game to pick up toys with the toes. Doing Yoga postures to slow, soft classical music may help soothe children's tendency toward hyper-activity. And with encouragement, children are usually quick to learn meditation, especially if given their own quiet spot for it.

Regularity is as important for children's Yoga practices as for adults. Set aside at least two periods daily for meditation and *asanas*, the best time being after bathing. Be sure not to force or insist on practice if the child doesn't feel well. In my medical practice, I regularly assign certain postures to children. With a lot of praise and encouragement, most poses can be done at very young ages, but it is best to avoid strenuous ones such as the peacock, stomach churning and the headstand until around age fifteen. Pressure on the head should be avoided until the



skull is completely hardened.

## Children's Nutrition

Overeating is the beginning of disaster in children's health, especially with cooked foods. Keeping children's diets moderate and balanced can be quite a challenge. But if lots of raw foods are available to them, such as fruits, vegetables, nuts and seeds, but cooked foods (therefore devitalized and less nutritious) like cookies and bread are not around, good habits will be encouraged.

Cooking destroys many important nutritional factors, notably the B vitamins which are so important for stress resistance. Also extremely important, especially for the adrenal glands, is Vitamin C which is totally destroyed by heat. Vitamin C is found in high quantities in the normal adrenal gland, but infections and severe fatigue deplete this.

## How To Feed Infants

No foods of any kind other than breast milk should be given to a child until five months of age. Even juices and herb teas should be avoided. Cow's milk should not be introduced in any form (including yogurt) until the child is at least a year old. Children's digestive tracts are simply not mature enough to tolerate these foods and allergies often result, either immediately or in later life. The consumption of grains and cereals should be delayed until age two or three as they require very developed pathways for digestive breakdown.

## Positive Habits

What we want to eat is often a product of what we are used to eating. Think of the wide range of tastes around the world, the bi-

zarre foods considered delicacies because a taste is developed for them. With that in mind, it is possible to shape a child's food preferences through the use of praise and as little negativity as possible.

## Sugar Blues

It is very important not to allow children to have sugar. One reason is that the small sugar particles go immediately into solution and into the crevices of the teeth - food for the strep bacteria responsible for tooth decay. Likewise, these particles are quickly absorbed into the child's blood stream, causing wide fluctuation in blood sugar which is associated with hyperactivity. In my experience, this is more important than additives or preservatives, held by some authorities to play a major role in hyperactivity.

One way of explaining the need to avoid sugar to a child is to tell him or her that they are allergic to sugar. This is not a literal use of the word, but it makes it clear how harmful it is. For those parents as yet unconvinced, I refer you to Sugar Blues, by William Dufty.

## Processed Foods vs. Natural Diet

Any food which is processed, by which I mean cooked, juiced or changed in any manner from its original form, can be a problem. The force which designed the intestine, designed the apple to go in it. And we didn't design either one. For some scientific evidence, the British medical journal, Lancet, recently compared the effect of apple, apple sauce and apple juice on the blood sugar level. Apple juice caused a dramatic rise, apple sauce also caused a rise, but with



plain apple there was only a flat curve. Because larger particles require a longer time for digestion, the blood stream is not suddenly bombarded. Thus, a fully natural diet helps keep the moods of children calm.

Children should never be forced to eat when they are not hungry. Most children will neither eat too little nor too much for their bodies' needs. This is documented in Dr. Turtle's Babies, a pediatric guidebook from Boston. His conclusion: in regard to feeding babies, don't worry about a feeding schedule; breast fed babies do best if fed even fifty times a day if they want it. And don't expect your child to sleep through the night until he or she is two years old. Just as we each have different thumbprints, so also our nutritional needs are different. Treat each child individually.

## Natural Remedies

When signs of illness do occur, give the child plenty of liquids but no solids until he is progressing well toward recovery. Do not give milk products except breast milk, because these cause mucus to be thicker, thus intervening with the body's defense immune system. Do not give apple juice either; it's high sugar content tends to cause the same problem. Citrus or tomato juice or soup is best. Their acidity and fumes thin mucus secretions. Also helpful to the immune system: cayenne, ginger, curry, coriander, black pepper and castor oil, because they stimulate circulation.

Garlic, and onions to a lesser extent, are wonderful natural antiseptics. Whiz a few cloves in the blender with some water, then add to tomato juice or give it by the spoonful diluted. Chewing on garlic

takes away the pain of sore throat or cough. Garlic enemas using the juice of about two cloves per enema bag are very effective as well.

## More Remedies

Castor oil can be used externally on any congested area and can be rubbed on the abdomen of babies to treat constipation or gas. It is also useful for sprains, bruises, arthritis, asthma and urinary problems. Fresh comfrey leaves are especially good as poultices on bruises and fractures.

For diarrhea, it is generally best to let the body rid itself of the foul material rather than give medicines such as Kao-pectate or Lomotil. But be careful to replace all the lost fluids orally. If diarrhea is not accompanied by fever, or after it subsides, give a combination of rice, banana and yogurt. Do not give other solid food, only liquids (but again, not milk or apple juice.)

## Children's Innate Attunement

Children are in tune with themselves naturally to a large extent; we should therefore give plenty of room for their inner knowledge to manifest. And if your child does fall sick, encourage him or her to draw a picture of his illness and discuss it with him. Keep a health diary of your child along with a diary of development. Record their illnesses carefully. This will be a useful tool for the future, as well as provide insights for the present.

*For more information about  
Yogic/Wholistic Health Care,  
write: Integral Health Services  
245 School Street  
Putnam, Ct. 06259*

# How Do We Learn?

by Swami Sarvaananda Ma



*Swami Sarvaananda Ma, administrator and head of our Integral Yoga Schools, has her 6th year Ed. certificate, and is a PhD. candidate in Educational Administration at the Univ. of Connecticut. She has spent the past fifteen years as a teacher and administrator. The following are some thought-provoking excerpts from one of her school papers, clearly showing how she -- and thus our new school -- plan to utilize Sri Gurudev's basic Yoga Teachings in the educational field. With the basis of some of Gurudev's favorite sayings, she analyzes and interprets his teachings in relation to learning theory.*

---

One fundamental difference between Eastern and Western thought about learning is that in the West it is believed that a student is a "sponge" or "blank slate", ready to absorb knowledge from outside. However, it is fundamental to Eastern thought that a being already knows all there is to know, and is merely in the process of unfolding or discovering that knowledge.

In a study of learning theory, it is interesting to note that a "theory", in its root form, means *condition of God*. A hypothesis, from its roots, means a *supposition supporting the God theory*. What follows, then, is a brief survey of six hypotheses culled from the teachings of Sri Gurudev and based on the theory that each person, in obtaining knowledge or learning, is actually in a process of discovering or unfolding, as true knowledge is within and is itself the attunement (or at-one-ment) with the universal consciousness or God. This study may hopefully help us learn how we learn and to merge Eastern and Western views in a useful pattern for the education of ourselves and our children.

## Six Hypotheses For Learning

### 1. "No pain, no gain."

In order to cause change there must be some friction. Only then will a person seek to balance comfort and pain. Thus learning will take place on some level.



2. "Different strokes for different folks..."

Because of each individual's *karma* and his or her resultant physical and mental environment, each person's nature seems to be different. Thus different styles, preferences and methods of learning evolve.

3. "You want it, you got it."

In the process of unfoldment everyone is capable of any and everything. Thus, if you *really* want it, a method will be found to obtain whatever "it" is. (God provides what man decides.) Thus part of our task as educators is to keep trying to serve the students by helping them find their own paths of learning.

4. "Against the grain, it's not the same."

If a particular task or style of doing something is not in a student's "nature," he or she can still learn, but it is difficult. Non-naturals can perform adequately, but not to peak performance until whatever *karma* is holding them back gets cleared up.

5. "Beauty is in the eye of the beholder."

Our vision is our mind's perception of what we think we see, as processed by our past and present stimuli. Thus, no one actually perceives things the same way; no one experiences things in exactly the same way.

6. "As you think, so you become."

This is quite similar to 5, but not exactly the same. A stu-

dent's vision helps mold his or her future vision, as choices have been made. We selectively drop away modes of learning, etc. that do not seem to work well for us. Thus the tools left are honed to a sharper edge and become more effective instruments.

### Uncover The Knowledge Within

On the first page of Autobiography of a Yogi, Paramahansa Yogananda states: "I still remember the helpless humiliation of infancy. I was resentfully conscious of being unable to walk and express myself freely. Prayerful surges arose within me as I realized my bodily impotence. My strong emotional life was mentally expressed in the words of many languages. The beguiling scope of an infant's mind, adultly considered to be limited to toys and toes."

This statement strongly corroborates the theory that we already know all that is to be known and that the function of education is merely to uncover that knowledge from within us.



## FEEDBACK

*(Continued from page 10.)*

Swamiji is a great teacher of both. I hope to gain the strength to work with him and become a student of his someday."

*(Ed: I suspect you already are his student, Georgia; just keep it up and inspire many more!)*

"I really love this magazine. It has been a God-send for years."

"Reading the magazine is very uplifting. It's a positive force in my life, a guide on the sometimes difficult path..."

"Congratulations on continual evolution of our magazine."

"I appreciate the magazine very much and would love to receive it more often."

"Integral Yoga is an excellent and inspiring magazine. I am filled with joy when a new issue arrives."

"I always underline certain points that are very meaningful to me."

"Thanks for your faithful service. The magazine brings refreshment to my soul. There never fails to be something helpful in it..."

*(Ed: And a few practical, concrete suggestions:)*

"I'd be interested in articles by Integral Yoga staffers, e.g. researched articles about Yoga retreats, Yoga in the classroom, how to start Yoga practice, Yoga in the U.S. today, etc. They should not just include personal experiences, but those of others as well (experienced, intermediate, beginning Yogis, non-Yogis, etc.)"

*(Ed: Any Integral Yogis having knowledge or interest in any of these topics, please come forward.)*

"I'm living far from any IYI people and miss satsang. Would it be possible to arrange a pen-pal set-up through the magazine so we could correspond with others about our needs and progress along the path?"

*(Ed: Sounds great. Anyone interested in a Yoga pen-pal, please send me your name, address and other pertinent information. I'll try to make matches. We're warned that putting people's addresses in the magazine is not wise, so let's give this a try.)*

NOTE: Special thanks to all who answered the Questionnaire. If you forgot, you can still do it and we'll take your thoughts to heart (and hand). Special, special thanks to those sweet friends who replied on a separate sheet, complaining that they couldn't bear to tear out even a page from their magazines! God bless you all with ever greater good health, prosperity, peace and joy!

Ever yours in Sri Gurudev's Service,  
Swami Vidyananda Ma, Editor





# in his footsteps:

## part 3

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### *"Calcutta: Only The Mother Can Show You The Father"*

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A pilgrimage to India  
and Sri Lanka

by Prahaladana Mandelkorn

We have been almost five days in Calcutta. This city rips open our hearts like a piece of jagged glass. We are seeing another side of life, another aspect of God. It is good that we are experiencing this - because we are coming face to face with our own selves, with our own Self. And it burns. It's as if Mother India wanted to show herself to us as Kali, the Destroyer. It is like going down into Egypt. But you've got to go to Egypt to get the revelations and reach the Promised Land...

The poverty is beyond description. People live in this city like cockroaches in the garbage. There are so many beggars that you can't possibly help them. We walk the streets avoiding their eyes. We come home and hide in our fancy hotel rooms. We go to a plush vegetarian dinner with wealthy Indians and come outside again where the street people are watching.

It's no wonder Colin is sudden-

ly overcome with anxiety and chills. Br. Manu lies in bed with stomach aches, people won't go sight-seeing any longer. Vimala talks of becoming a monk. Ishwara talks about going home. But through it all there's something deep opening inside us.

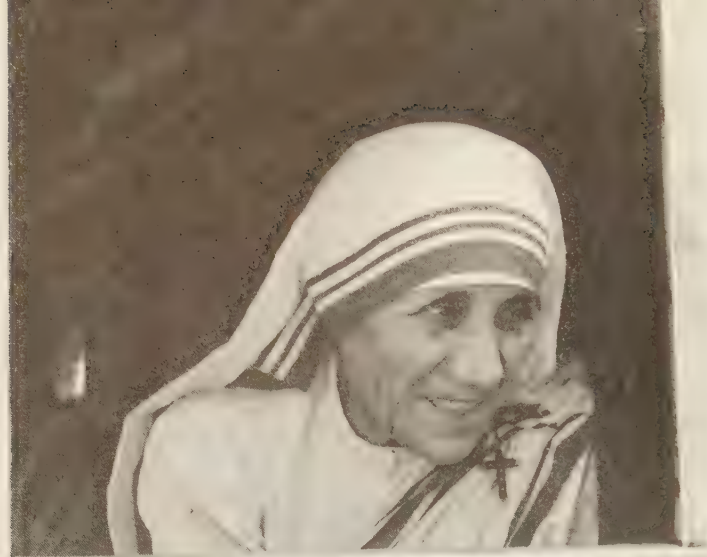
#### **A Band Of Angels**

*"Don't turn your backs on the poor. If you serve the poor, you'll surely see God."*

--Mother Teresa

Many visited Mother Teresa this morning. "Don't turn your backs on the poor," she demanded of us. "If you serve the poor, you'll surely see God." She and her army of nuns are a band of angels in this desperate city. Even now, we see her boarding a truck with her nuns, off to the cyclone-devastated Tamil Nadu where millions cry for relief from the worst natural disaster in this century.

We're waking up. Our compassion valves are being roughly opened.



*"This city has brought forth many great saints: Ramakrishna, Vivekananda. . . Mother Teresa."*

*--Sri Gurudev*

## It's God's Business

*"It's as if Mother India wanted to show Herself to us as Kali, the Destroyer..."*

Our Kaali and some others took a tour to the famous Kali Temple here in Calcutta. There, to her dismay, she saw the priests "sacrificing" (slaughtering) hundreds of baby goats. Accidentally she stumbled into the room where all their heads are tossed...

Fleeing the unhappy scene, she stepped into a small hospital where Mother Teresa's nuns care for the terminally ill. In that simple sanctuary she felt God's presence and sensed that the people there were really being blessed. I think Mother Kali herself came disguised as an American pilgrim to visit the famous Kali Temple only to hurry away in dismay. And there in Mother Teresa's hospital of selfless service She saw the true Kali temple...

If Varanasi is the heart of the Goddess, Mother India, then She has surely sent us here direct from Her own heart - as if to open ours. Every cell in Her body,

every molecule, is another world.

Through it all Gurudev is watching us go and grow. He knows what we are each going through and what the experience of this city is doing to us. At the final session of the 24th World Vegetarian Congress in Calcutta\* Gurudev was invited to give the concluding address to our many local hosts and to the delegates.

"Beloved friends," he said, "I want to give a literal 'fare-well' to Calcutta. There is much to be done in this great city - the biggest in this country, in population, in business and in many ways. Every individual who lives here should feel that it is his or her city and be proud. But to feel proud, they must do all they can to make this city more beautiful, healthy and happy.

"The Creator or Cosmic Consciousness always creates the basic provisions for anything He creates. It's God's business to create all we need. But one thing God cannot fulfill: our greed. That means if we could care and share, there is plenty

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*\*Gurudev's participation will be reported fully in a coming issue.*



all over this city. But unfortunately, many are needy while a few are greedy. Let the greedy care for the needy. It's impossible to be happy while thousands of unhappy faces are all around you.

"It's the duty of the haves to share with the have-nots. We cannot only beautify our own homes and then go outside and see dirty ditches everywhere. We shouldn't think, 'Only this is mine, not that.' Feel either, 'Everything is mine'; or 'Nothing is mine.'"

"This city has brought forth many great saints: Sri Ramakrishna, Vivekananda, Tagore and Mother Teresa. She is a great soul. Calcutta must be very worthy to have a soul like that here. I'd like to see more Mother Teresas come from inside Calcutta. If you have that kind heart - that weeping and bleeding heart when you see others in discomfort - then the world will be a heaven. In fact, don't look for heaven elsewhere. It can be right here. And don't look for others to do it. Don't say, 'Oh, I'm poor myself. Let others do it.' Even the poorest can do something great. So let this occasion open our hearts a little more to make the world a heaven on earth. Om Shanthi Shanthi Shanthi."

Gurudev calls the pilgrims to stand in a semi-circle behind him and he leads us in a Sanskrit prayer for the city, the people of Calcutta and for all humanity:

*"May all be blessed with fullness; may all be blessed with peace; may all be blessed with prosperity; may the entire creation be filled with joy and peace."*

## A Million People On The Street

One of the pilgrims, Lorenzo, met one of the street people and became friendly - a man in his late 20's who has a four year old daughter and a wife. Another child is being raised by Mother Tereas's nuns in a mission school. It was hard to give the boy up but the parents wanted him to have a better life, dear God.

Lorenzo has a son, four, at home with his wife, now expecting their second. He felt for these people - whose only possessions are some pieces of cardboard they sleep on on the steps of the SAS airlines building in downtown Calcutta. Of course they're lucky the SAS building has a little overhanging ceiling so they don't get rained on. They have to move to a nearby park each morning about 8 a.m. - when business starts. Their whole world depends on the favor of an SAS office guard who could shoo them and the others away if he were so inclined.

The husband doesn't want to sleep in the park because there are murders there and he thinks his wife might be raped there if he left her for a few hours as he did this time during daylight to show Lorenzo some places to shop.

Lorenzo took the little girl by the hand and they went shopping together. He bought her new clothes. She picked out her own dress - a frilly little thing which she wore out of the shop, proud as any little lady would be. He bought her new underwear and kicked the tattered old pair under the counter so she wouldn't try to retrieve them. He gathered old clothes and blue jeans for the parents. Have Mother Teresa's people get in touch with me, he said, if some-

thing should ever happen, God forbid, to them and the child needs a home. The father translated this for the little girl who misunderstood, thinking Lorenzo wanted to take her home to Oregon right away. She ran to her mother and clutched her tight - but she was soon reassured.

The last day in Calcutta, Lorenzo took a Polaroid camera across the street and took some pictures of them. They have one of him too, and his address. They are slight people, dark skin, bright eyes. The mother is petite and pretty, the father has a lot of street savvy. The child is a cherub. They also provide for the father's father, a blind old man who lives with them. He's beautiful - white beard, dark skin, eyes glazed. He sits finishing his life here.

Here in Calcutta a million people live on the street - they're born on the street, grow up on the street, take mates, make love and have babies on the street, and die on the street.

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### Do Something About It

"The reason disease and poverty are so widespread can be traced directly to the sacrifices in Mother's name. . . You can do something and you must. . ."

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Gurudev spoke to some Jains who hosted us in Calcutta. Over and over again he reiterated: the reason this city is suffering so terribly - the reason disease and

poverty are so widespread - can be traced directly to the sacrifices in the Mother's name. "Do something about that," he told them. "You can - and you must."

Later, as we prepare to leave Calcutta - five days in hell; it feels like five weeks of *tapas*, a burning in our hearts - I overhear Gurudev speaking to a well-to-do Indian doctor and his wife who had been among our Calcutta hosts. The man was worried that his daughter wasn't married yet (she was probably approaching nineteen - ho!). Gurudev sympathized more than I have just done, but told the doctor not to be so upset. Some things are in God's hands. Everything has its season, and anyway, his own worry will upset his daughter and make her anxious so she won't even be prepared to marry. The parents seemed to hear him. Then Gurudev told the doctor a little trick (which may or may not be part of the same subject...): "Charge your rich patients three times as much, and use the money to serve the poor. The rich get sick so often they deserve to pay for it..." he added, perhaps joking, perhaps not...

### No Better Friend

We wait for the bus to leave this city - which Shanti admits is the worst place she's seen in India after four trips here. I sit talking with Kaali. We're both amazed at our Gurudev, how he relates with each of us. How subtle, patient and compassionate he is. For the love-starved ones, he is the beloved, the sweetheart they yearn for. For the child he is the papa, for the one who needs a friend, no better friend can be found than he. I can't even begin to tell you how subtle this all is.





I've been traveling with him for about two weeks now - seeing him most everyday and watching him relate with all of us and with me too: Oh, it's deeper and clearer than verbal communications - it's a continuous communication. I'm not accustomed to traveling with this man, nor have I had an opportunity before now to see him this close up in so many different circumstances. It's like making friends with your father; I see now a personality in Gurudev. He is also a man with a personality that is unique to him and not even particularly relevant to his spiritual mastery.

He has observed us each riding through the storm here and stepped in when necessary to quiet a troubled mind. Now the bus comes and carries us through the choking city streets to the airport. Spirits lift as we prepare to leave Calcutta.

Many here were very much inspired by Mother Teresa and her serviceful life, among them Jaghadamba and Shanti. Jaghadamba

sits beside Gurudev on the plane and tells him that's the sort of thing she'd like to do with her life. He says good - but go live in a small village first and learn how there. Then when you're strong, come back to the city where you're needed, but it's more difficult.

This whole experience makes you think about your own life - how you're living it and where it's going. That's what happens on a pilgrimage. The Master guides our lives so we see and feel and wake up to the way it is. But we each have to *do it ourselves...*

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*In Part IV, we'll follow our pilgrims as they arrive in Madras, gateway to a new phase of their journey: the ancient Dravidian land of Gurudev's birth, the state of Tamil Nadu. Here they first discover the temples - to Shiva, Muruga, Shakti, Vishnu - and a land of pious devotees who worship them, both in the temples and in their visiting guests... Stay tuned in...*

# Children Of The Sun

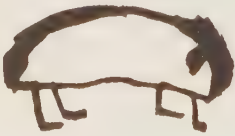
by Anandi Friendlich

In the meadow there stood a dandelion. She stood tall and straight, her golden crown gleaming, and she spoke to the sun.

"You are my mother," she cried. "I am your child! See! I even look like you." Stretching her long body, she glanced sideways at the grass, hoping it had heard her.

The grass said nothing. But a grasshopper resting nearby leaped to the dandelion's side and chirruped, "The sun is *my* mother too."

"Nonsense," cried the dandelion. "Your legs are crooked and your face is green. You look nothing like mother sun."



"The grasshopper hung his head. "You are right," he said. "How can I, who am so ugly, be a child of the sun?" Chirruping sadly, he hopped away.

A bumblebee buzzing overhead overheard the conversation between the dandelion and the grasshopper. Puffing out his chest he said, "Of course the grasshopper is too ugly to be a child of the sun. But there is no doubt that...."

The dandelion sniffed. "...that you are? Ridiculous," she murmured. "You...fat and furry...*my* brother? Ugh!"

The bee flew at the dandelion. He stung her with his long, pointed nose. The dandelion cried out. The bee flew away into the meadow.

Now a beetle trundling through the tall grass overhead the conversation between the dandelion and the bee. Humbly he bumbled, "Perhaps, Queen Dandy Lion, the bumblebee *is* too fat and furry to be the sun's child, but as for ..."

Queen Dandy Lion laughed loudly. "...as for who? As for you? Pre-post-er-ous! In-sig-ni-fi-cant!" The beetle shrank into himself. Without a word, he crept away silently into the grass.

The dandelion threw back her head. "Is there *no* one in this meadow to talk to?" she cried.

"Me!" Chewing busily on a hazelnut, a squirrel scampered down the trunk of an apple tree.

"You! All you know how to do is chatter and make a mess." She sighed. "No. I cannot talk to you either. You're no child of *my* mother's."

The squirrel scolded. She



bared her teeth. Her bushy tail twitched angrily. Dropping a nutshell at the dandelion's feet, she disappeared up the tree.

Now an ant overhearing the conversation between the dandelion and the squirrel, longed to cry out that he too was a child of the sun; but he did not dare. Instead he slowly stepped up the dandelion's slender stalk and squirmed in the soft sunshine.

Accidentally he tickled the dandelion. She did not think it funny, but cried, "Ugh!", which she was in the habit of doing. Shuddering, she threw the ant to the ground. The ant picked himself up and crept away noiselessly into the grass.

Once again the dandelion was left to herself. She gazed up at the sun. "Oh, mother," she called. "It's so dreadful living down here with these creatures. I wish I could live in the sky with you!"

Now a tiny mouse popping her head up through a hole in the ground overheard the dandelion calling to the sun. She looked at the dandelion solemnly, blinked her hollow mouse eyes and squeaked, "Beware, my dear, what you wish for..lest your wish be granted."



The dandelion drew herself up. "How dare you, a puny creature who lives *beneath* the earth, tell me what to do?" Her voice rose to a shriek.

The mouse did not reply. Quickly she withdrew her head and popped back into her hole. The meadow grew silent. The only sound the dandelion could hear was the sound of the tall grass whispering. It seemed to be telling her something; but she would not listen.

Summer fled. The grass withered. The leaves fell from the apple tree. And the dandelion grew old. No one spoke to her. Day after day she stood alone in the middle of the meadow. Though her stalk was still rather straight, her head was somewhat bent and her crown had grown dull. It looked grey and fuzzy now, as though woven of ashes. "Mother, sighed the dandelion, "have you, like all the rest of the world, forgotten me?"

One cool evening toward twilight, shadows fell across the meadow. The wind began to blow. It blew quietly at first, but before long its voice grew loud and fierce. It raced this way and that, wailing through the brown grass.

The dandelion gasped. She shivered and tried to crouch low. But try as she would, the wind swept across her wildly, bending and twisting her thin body. It tore her from the earth in which she had lived all summer, and carried her up into the sky. Her fuzzy old crown blew far away across the blue hills and black clouds.

The dandelion's wish had come true! She no longer stood in the meadow. She no longer lived on the earth.

Now she lived in the sky.

Her mother, of course, lived in the sky with her. And just as she had done since the day the world began, each morning she rose and shone upon the meadow and all her other children living there.

## Natural Yogic Diet For Kids

by Ambha Binstock



Left to their own devices, children generally will prefer several small meals a day to the "three square" ones most adults eat. This concerns many parents because they want their children to be properly nourished.

We're all born with a natural sensitivity to our bodily needs. A nursing baby knows instinctively when and how much to nurse. If natural, whole foods are introduced at the start, a child can maintain this sensitivity. Processed or sugary foods will inhibit the sensitivity as long as the unnatural diet continues. So the parents' job is just to provide the right *kinds* of food. You can easily prepare delicious, nutritious snacks - especially important for the nibblers. And children love to help!

Kids love fresh fruit; its natural sugars are just what they need to replenish their energy. Serve it with imagination - cut fruit into fun shapes and designs. My son loves an applesauce sun with raisins for the face and almonds for the rays. Or how about a flower, an airplane, a doll - whatever interests your child most. Try peanut butter on apple or banana slices. Kids also enjoy nuts and seeds, raw - or roasted with a little tamari soy sauce instead of salt. Dried fruits are another favorite - but soak them first so they won't stick to the

teeth. (The fruit sugar will act on teeth in much the same way as white sugar.) And save the water now full of vitamins and nutrients: drink it as is or mix with other fruit juice.

Raw vegetables are also great snacks. Serve carrot, celery and green bean slices with cottage cheese or peanut butter spreads. Nutritious sweets for special treats can be made with nuts, seeds, raisins, nut butters and other healthy ingredients. You can even add nutritional yeast and your children will never know!

If you use this principle - to serve only healthful food, but to trust their food tendencies, kids may go on what seems to be binges: wanting only strawberries for two days, or refusing broccoli for a week. But if their bodies are relatively free of "junk" food, they will always select exactly what their bodies need.

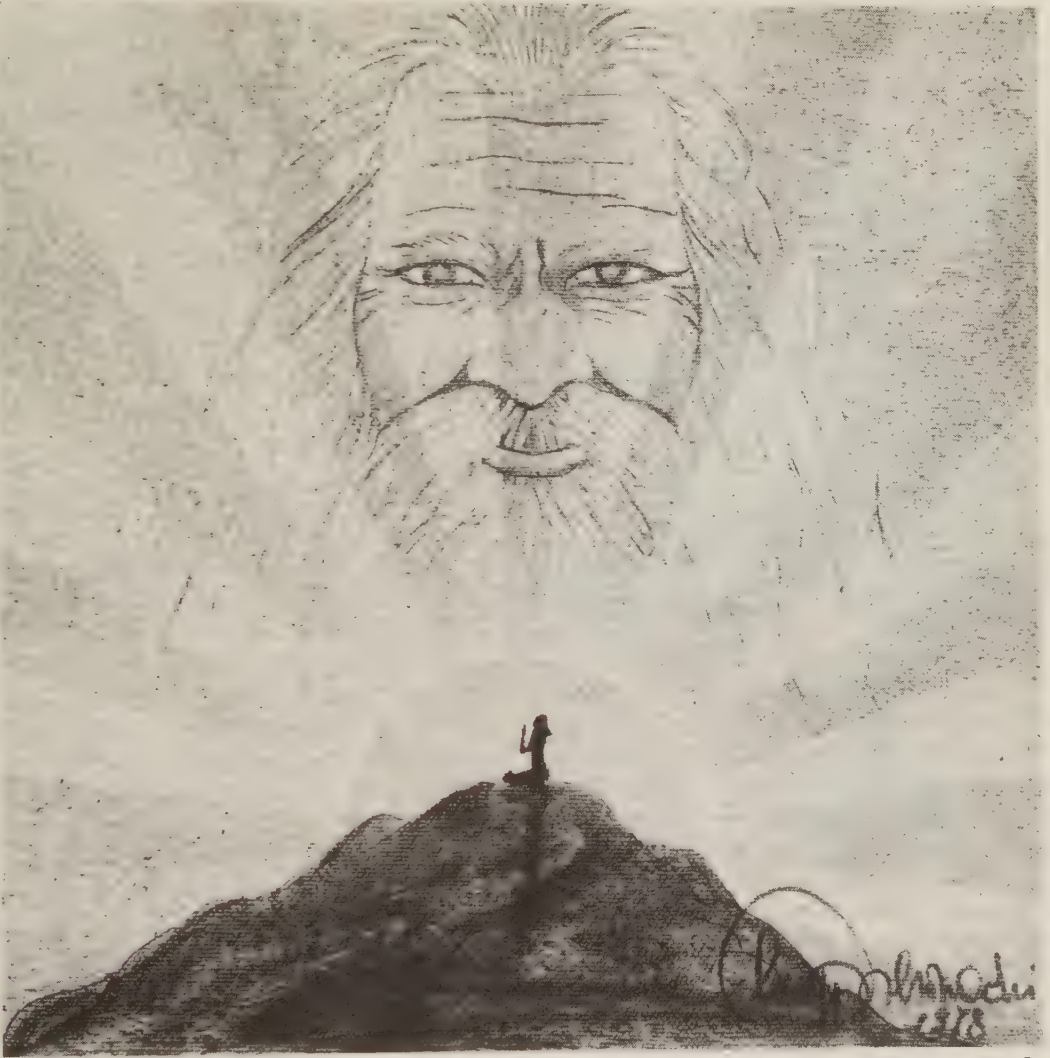
### Peanut Butter Play Dough

A real favorite for kids that they can make themselves: spoon peanut butter into a bowl. Add honey and powdered milk. Let them mix with their hands, and keep adding milk until it makes a good dough. For extra flavor, add some carob. Now they can mould it with their hands or cookie cutters. Decorate with raisins and seeds. When they're finished playing, they can eat it!



# DAY-BY-DAY WITH SRI GURUDEV

March - May 1978



*Painting by Luigi Mezzadri, Milan, Italy*

"Won't you show God to us?", someone asked Gurudev. "I'm not here to show God to you. If the spiritual teacher does anything, he helps you remove the curtain which veils you from your own Divinity. Then you can see it. And that is what is meant by Guru. . ."

-- Sri Gurudev Swami Satchidananda

*This past three month period has been an especially active one in the life and work of our beloved Master. As it would be impossible to share all the many events of this busy and fruitful period, we would like to share a few highlights: some teachings, some especially potent satsang excerpts and some travel notes of Sri Gurudev's secretaries. We humbly request those involved with activities not fully reported to understand our limitations and cherish their own experiences with him all the more deeply and sweetly.*

*We begin - as we left off last issue - on the West Coast, where Sri Gurudev is in residence near the Santa Barbara Ashram.*

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## **SANTA BARBARA: Sri Gurudev On Dairy Products**

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One day, as Sri Gurudev was strolling through the grounds of the Ashram, eyeing the deep green hillside pastures, he commented on the differences between the American and Indian dairy cattle. He explained that the high butter-fat content of the Western animal was more comparable to the Indian water buffalo than to their cow. Indians do not drink the buffalo

milk because they consider it to be of a lesser order, less evolved or vibrationally lower. Their cows differ in having a much thinner skin and producing a thinner, more nourishing milk. Because of the type of milk available to us here in America, he recommended cutting back on milk consumption as much as one could.

## **SANTA BARBARA: The Cave Of Nityananda**

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MARCH 15: Today we're off to see the meditation cave which has been gradually dug out of an Ashram hillside by Swami Nityananda. The Master took the lead, racing with long strides down a narrow path that disappeared into a thick forest of large old oaks. The trail curved gracefully along the base of a very steep hillside, then ended abruptly in front of a fern and moss-spangled face of sandstone some fifteen feet high. There in the solid rock was a small entrance about four feet high which framed a sturdy redwood door mounted with heavy strap iron hinges.

The door was swung aside and everyone entered as Sri Gurudev took a seat in front of the altar. Eyes looked around silently to take in the unfamiliar surroundings. Behind the door was a bucket filled with tools and here and

there was evidence of work still in progress: a stack of marble facing for the altar, a pile of chipped stone and sand in the corner. But the effect on the viewers, most of whom had not guessed the exact location of the cave all these months, was quite moving.

There in front of a simple marble slab, illuminated by a single white candle, was a beautiful picture of Sri Gurudev and beside it another smaller one, of him meditating in the holy Vashistha Guha (cave) in the Himalayas.

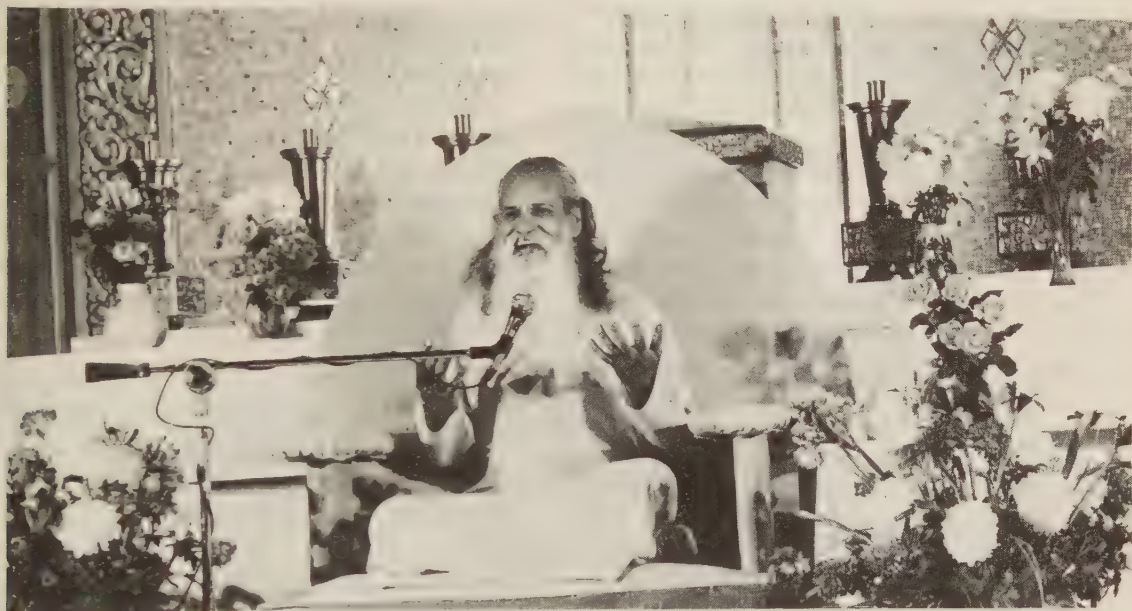
The Master then led the group in a few resonant chants and by his presence forevermore made that grotto a shrine. May all who find their way into that secluded hillside room meditate deeply on the greatness and significance of his saintly life!

Pictures were then duly taken



both inside and out and upon exiting the cave, Gurudev named the site "Nityananda Guha." As we walked back in the evening's gathering darkness, the distant multi-colored lights along the coastline could be seen through the trees and a chorus of night sounds followed us back up the hill to

the waiting cars. No doubt those peaceful moments spent with Sri Gurudev will linger on in the memories of those with him that day. And his blessings of joy will be silently imparted to all those in the future who come to that beautiful forested retreat seeking peace. -Swami Nityananda



## SAN FRANCISCO: A Lawyer's Duty

**MARCH 17:** Our beloved Gurudev arrived at San Francisco International Airport on Friday, and even while awaiting his baggage he utilized even those few moments to serve his San Francisco children. To a student about to take her Bar exams he said, "Your duty is to protect the innocent." He told her that too many lawyers contribute to crime rather than help prevent it and that some criminals actually consult their lawyers before committing a crime to make sure they can escape the consequences. Scanning the faces of his children, he told us we need all kinds of professional Yogis: psychologists, doctors, teachers, even hairdressers!

The evening lecture that night in the beautiful chapel of Lone Mountain College began with his ecumenical spirit - how we are all one but use our superficial differences (skin color, financial status, even religion) to divide us. Then he took us on a journey through the various branches of Yoga, stressing how discipline was necessary to accomplish anything. He began with Jnana Yoga, explaining how this path required a razor-sharp mind and ended by saying if we could do nothing but sit and hum twice a day, this was a good place to begin. He demonstrated this, closing his eyes and softly humming. Then he warned us that we might have to keep the humming

quietly inside if there were others around, lest they question our sanity!

Back in San Francisco the following Monday, one devotee, with tears in his eyes, asked if he could kiss Gurudev's feet. "Why would you want to do that?" twinkled Gurudev. There was no answer as the devotee fell at his feet, feeling the permission granted. This same person then questioned Gurudev about his mother whom he feels has no peace. "Can You help her?" the devotee questioned. Gurudev replied that no one can give anyone else peace, but then he gave the boy a beautiful apple he'd been holding for some ten

minutes, telling him to send it to his mother with a note explaining that it was from the Swami with love. Many were moved to tears by this touching interaction.

As Gurudev headed for his plane, another devotee rushed up to say she was moving to Denver soon. When he asked her why, she told him she felt a "*karmic obligation*" to care for her parents. His stern response to us all was that we are always talking about *karma* when we didn't even know what it was. *Karma* is something that happens unexpectedly, not something we plan for. He admonished us for blaming things on *karma* and acting as if we understood this law.-Sr. Padma, S.F.

## WHIRLWIND TOUR: Rabbis and Publishers

Sri Gurudev spent from March 30 to April 12 in Europe including a very special trip to Spain. A full report of this unique visit is planned for our next issue. Then between April 27 and May 6, Sri Gurudev made a whirlwind speaking tour around the East Coast: Haverford College in Pennsylvania, Fairleigh-Dickenson University in New Jersey, Rhode Island Univ. in Kingston, and a short visit to Montreal at the request of Dr. John and Marilyn Rossner to address a conference on "Healing and the Human Psyche." Although many speakers at this conference emphasized psychic phenomena, Sri Gurudev spoke refreshingly on "plain living and high thinking" as the best route to good health. He said the mind can control every cell in the body and so a healthy, unselfish mind is the best prescription for good health.

At the airport, waiting to return to Connecticut, Gurudev questioned the Montreal IYIers about

their service to the community. They humbly mentioned some of a large number of Yoga classes they conduct, including one in a women's prison. He told them their service should be broader, not just teaching classes and not always under the label of "Yoga." He



*Sri Gurudev speaking at an IYI Ecumenical Retreat in Montreal; Sr. Narani translates into French*



cited the example of the Ashram participation in their local volunteer Fire Department.

-Sr. Narani, Montreal

MAY 2: Also of special note during this period was a small private screening of the new Y. E.S. - Yoga Ecumenical Service film held in N.Y.C., to which many clergy and other prominent people were invited. The resulting intimate gathering was a touching tribute to this new milestone in Sri Gurudev's ecumenical work. The evening ended with Indian dinner nearby, where rabbi, filmmaker, artist and devotee alike received an education in Indian customs and manners -

as well as Sri Gurudev's gracious darshan.

The next morning Gurudev spoke with the NY IYI family. "This is not just a place to live," he said. "People have to know why they want to be here. It is even better to close down certain services than to accept people just to have enough workers to run them." To one devotee who had "raised her voice" to him on the phone a few days previously, he said, "Don't ever try to come up against my ego with yours - not unless you want to get shattered!" Another devotee piped up: "Is that a promise, Gurudev?" The stern mood was shattered, as we all laughed. -Abhayananda Ma, NYC

### POMFRET, CONNECTICUT: Sri Gurudev On Divine Will

APRIL 29: Regular readers of *Integral Yoga* are familiar with the term *satsang*. Its literal meaning is "company of the Truth" and is loosely used to refer to any gathering of devotees to share the teachings they live by, and especially when they gather at the feet of their Master to hear him speak on how to realize their inner truth or Sat. Sometimes we forget the transforming power - the overwhelming Grace of *satsang*. Many of the Ashramites and visitors experienced this dynamic functioning of *satsang* on this evening when Sri Gurudev alighted for a brief stop at home base before continuing his travels. This took place, not only due to the welcome presence of Sri Gurudev, but also to the exceptional receptivity of his devotees, many of whom proved open enough to bare their questioning and doubting hearts to him - even in the midst of several hundred people. By sincere questioning of

the Guru - not always just humbly listening, but sometimes questioning further until one truly grasps the answer - all present could be filled with a greater understanding. We hope some of that inspiration can be, albeit in a limited way, transferred through a few excerpts:\*

*Q: Gurudev, what can we do to experience that everything happening is the Divine Will? And what are the dangers on this path?*

*GURUDEV:* There is no danger at all - if you practice it totally. As one of you said earlier, "If the Divine Will wants me to eat pizza, I'll eat it." But if the Divine Will prompts you to overeat, then the same Divine Will

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\*Audio tapes of all Sri Gurudev's *satsangs* are available through OSG Films and Recordings Div. c/o Sat-chidananda Ashram-Yogaville East.



may make you fall sick also. You have to accept that. Don't go to a doctor.

*Q: But doesn't the Divine Will send you to the doctor, too?*

**GURUDEV:** Hm! Well, Divine Will should just happen. To go to eat pizza, someone came to invite you, is it not? If a doctor comes to you, fine. If not, "Well, probably Divine Will didn't want me to take any medicine." And you will never feel guilty about anything that you do.

It should never be half-way. Either take everything as the Divine Will or everything as your own will. If ever you think your will is there, take everything that way. Accept the entire responsibility: "I ate too much; I'm having a stomach ache."

*Q: I've listened to you on this subject maybe fifty times but I still feel conflict. I have such a yearning to feel everything as Divine Will, and when I start to practice it I feel a lot of relaxation. But on the other hand, I'm afraid I won't be able to fulfill my duties as an Ashramite.*

**GURUDEV:** Well, it is the same Divine Will that brought you to the Ashram and gave you certain responsibilities, is it not? If you say the Divine Will wants you to sleep late, but the Ashram responsibility is to get up and meditate and work, which one should you follow? Divine Will will never contradict Itself. If it gives you responsibilities, it will not say, "Oh, forget it." Divine Will is always for the benefit of all and there is nev-

er any contradiction.

So I say, if you cannot see the Divine Will in something, if you feel you've made a mistake, feel it was your will. Say, "When I make a mistake, it's my weakness; when I do something nice, it's Your Grace." That is a safer approach than "Everything is Divine Will." If you really realize that everything is Divine Will, the conflict you speak of will not even arise in you. If everything is Divine Will, you just face whatever comes. If you are not ready to do that, the Divine Will knows you are not totally surrendering yourself. It is not a dummy. When you totally trust Divine Will, it will never bring any conflict. It says, "What is this? He is completely trusting Me." Then, even if your ego prompts you to make a mistake, the Divine Will will say, "No, no, I must stop it."

But it's easy to talk. It is very hard to follow that principle. So, until we accept that highest surrender, we have the other way. We are safe that way.

At the end of the evening, someone expressed fear for Gurudev's safety because he travels so constantly. After he calmed that fear, he concluded, "You should love the Teachings I give more than me as body and personality which will certainly pass one day. It's time for all the giants among you to get up and do things. It's time for me to see you all becoming independent. If you want me to leave this world with unhappiness, depend on me constantly. But if you want me to say goodbye joyously, let me see people tasting you as beautiful fruits. Think of the banyan tree that has one trunk and many branches, and as the branches



grow, they drop down their own shoots into the earth which in turn take root and become whole trees. Then the main trunk can even slowly decay and each whole tree is supported by its own rooted branches. This organization should be like that. Know that you have that strength. I

have fed you with a lot of milk (though we don't eat dairy products much!). I'll be truly happy if you just do things yourselves. What you senior people say should reflect what I say. Your talks should be exactly like mine - even the stories! First you quote the source, then you become that."

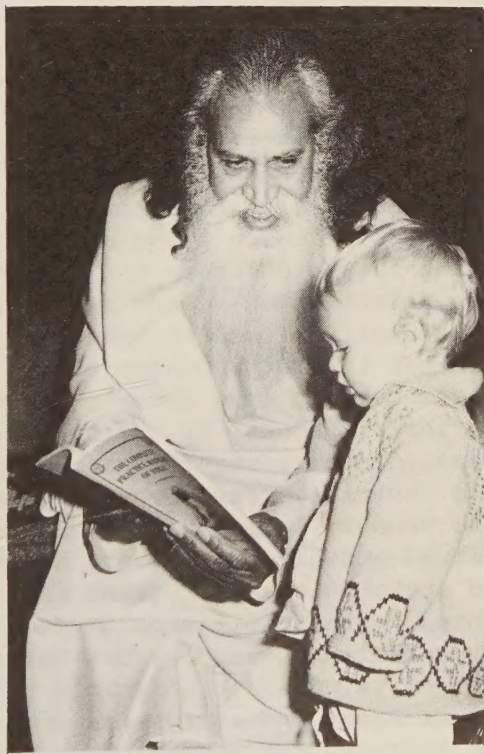
## POMFRET, CONNECTICUT: Walk And Talk As I Have Taught You

MAY 7: Again this year, the parents of Ashramites and Institute members were invited to visit the Ashram for a weekend experience of meeting Sri Gurudev, touring the grounds, cottage industries and services, seeing demonstrations and lectures, socializing, etc. On Sunday morning, the Satchidananda Players put on a play about children in Yoga relating their Yoga experiences to their parents - from their initial fanaticism to a gradual maturing of attitude on both sides.

Afterwards, Sri Gurudev spoke about the Cosmic Mother and Father. "Nature is our Mother," he told the assembled listeners of all ages. "The inner peace or happiness in each person is the Cosmic Father. The purpose of the Mother Nature is to teach us in a million ways: 'Don't come to me for your happi-

ness. Go to the Father within you. But remember that only the Mother (nature or life's experiences) can take us to the Father."

Later he told the parents that he is their children's final medicine. It is they who have prepared the soil and given all the preliminary treatment which has brought them to be under his guidance now. At one point he said to ashramite Vimala, who was speaking of how much Gurudev had helped her, "She was not made beautiful by me. She has always been good; she was *made*





that way originally. If I did anything, perhaps it was just to clean some mud off her face."

Joining the group again that evening, Gurudev gave the Ashramites some lessons in Karma Yoga (perfect action): "Walk and talk

softly and slowly. In Satsang you should be perfectly still. If you have to get up, be like a feather. I don't care about your bowing down at my feet. Just walk and talk as I have taught you, like beautiful Yogis. That is what will really make me happy."

*Carl & Marnie Hensel with Sri Gurudev, whom they call "Papa Swamiji"*



## **MINNESOTA & TEXAS: The Middle Path For The Mid-West**

Sri Gurudev visited Minneapolis from May 11 to 14th, guest of Carl and Marnie Hensel, the parents of Jagadhamba of the Washington IYI. The loving hospitality with which they all surrounded Sri Gurudev reminded me of a combination of the respect which I could imagine being shown to elders and the wise in ancient times - and the charming spontaneity of modern America! Whether in their country club, where Gurudev gave *satsang* to 300 of their friends, or during lunches, dinners, sight-seeing or public lectures, "Papa Swamiji", as the Hensels called him, both received and gave with every breath. He spoke twice at programs sponsored by the Meditation Center, an organization headed by Dr. Usharbudh Arya, a senior disciple of Swami Rama, and everywhere amazed me as I saw the wonderful ability

of the Divine to filter through all the details of our lives, allowing us to make use of It according to our capacities and needs.

Next, Sri Gurudev continued on to Houston, Texas where he spoke to heart patients of Deenabandhu Ornish. The encouraging results of Integral Yoga as therapy on these patients will be reported separately in a future issue. For a few of Sri Gurudev's effects on other Houstonians, please see the news clipping from the Houston Post on the inside back cover of this issue.

*Next Issue: Sri Gurudev speaks at the United Nations, shares insight into his own personal spiritual path, opens a new Integral Health Services clinic in New York City and more. So, stay tuned in day-by-day...*